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UNOPA Notes

Set the Example

Volume 48 Issue 9

May 2010

Special points of interest:

Meeting Reminder

Central Area Professional Development Day

Special Olympics

Frolik Awarded

Inside this issue:

Board of Directors 2

Central Area Development Day Recap 2

Special Olympics comes to Lincoln 2

Mary Klucas receives Frolik Award 3

Calendar 4

Relieving Eye Strain 4

Message from Our President

Peg Johnson

Our April business meeting was very moving for me personally: the Rose Frolik Award, Special Olympics Representative Deb Stroh, our 50/50 winner's wishes, and the attendance of the past Presidents.

We had seven members of UNOPA nominated for the Rose Frolik Award. This in itself says a lot about these particular nominees. It was exciting to hear Gretchen Walker read the nominees and see them parade up to the front of the room to receive their certificates. Then the drum roll.....the few highlights that Sandy Lineberry shared with us before she announced the winner, left me clueless. The suspense was great! I had absolutely no idea to whom she was referring. It's very humbling to realize that these candidates are our co-workers! In addition, I would like to recognize the awards committee for all their hard work.

Deb Stroh touched on the Special Olympics that will be here the middle of July. There is still time to contact her as they are looking for volunteers. Hopefully, our community will open themselves to help out where they can. It is required that if we use our regular scheduled work hours to volunteer, we must use vacation time. But don't let that stop you from volunteering. And, what about when you are not at work? Deb's demeanor was great, so easy to listen to. Unfortunately, she only had time to touch on a few highlights of the impact this event will have on Lincoln. Of course, Deb took the time to interact with one of the athletes, Nick and his coach/grandmother. I have heard from several members who are interested in volunteering. YEA!

Our 50/50 drawing was sizable. The recipient requested that the funds be given to the Backpack / Food Bank Program. I was totally

taken aback by this person's generosity. Therefore, we turned in \$96.50 (50/50, \$84.50 plus the \$6 collected at the door). After the fact, we discovered the payout should have been \$104.50. We will turn in the extra twenty dollars when we make our next monthly trip. In addition to the money, we turned in 47 lbs of rice and other food items. Thank you for your continual support and generosity!

For the members who were not able to join us in April, I announced that the Faculty Senate approved the amendment for UNOPA and UAAD to have voting rights on the Academic Planning Committee during Phases 1, 2, and 3 of the Budget Reallocations and Reduction process. Now this amendment will go back to the APC and ASUN for their approval. The Chancellor will have the final say as to whether or not we will have voting rights. This would really be a giant step forward if UNOPA is granted the right to have a voice and a voting right during these phases of the budget reduction process.

I would like to thank Nelvie Lienemann, Mari Greer, Donna Boone, Marlene Crombie, Roxane Earnest, Ethel Beetley, and Jan Wassenberg for helping with the spring game parking lot.

It's hard to believe that by the time you will be reading this, it will be May! My term is rapidly coming to a close.



UNOPA Past Presidents were honored at the April Luncheon

UNOPA Mission Statement: Education is the birthright of every person. We, as members of the University of Nebraska Office Professionals Association, pledge ourselves to safeguard that right. We acknowledge the unique role of educational office professionals and the importance of their contributions to the university and the community. The purpose of UNOPA is to provide professional growth and promote high professional standards for educational office professionals with the University of Nebraska, as partners, upholding the quality of service to the university educational systems and community.

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Central Area Professional Development Day

by Lola Young, Central Area Director

It's now history! And what a fun and informative event it was! A huge (and I mean HUGE) thank you to co-chairs Mary Guest and Gretchen Walker who did a fabulous job of securing outstanding speakers for our event! I've e-mailed our keynote speaker and told her to let me know if she's ever presenting in the area again so I can "crash" the event where she is speaking. I heard positive comments around the room where attendees were saying they could listen to her all day.



Mary Guest and Gretchen Walker

What a treat to have NAEOP President Pam Posey and NAEOP Executive Director Angela Meyer join us for our 2010 meeting and the Saturday sessions (Pam was able to stay for and participate in the installation ceremony). It was fun to watch as they received their honorary NEOPA memberships (presented during NEOPA's business meeting).



Carol Reed, NEOPA President; Pam Posey, NAEOP President; and Angela Meyer, NAEOP Executive Director

Our Central Area business meeting was quite productive. We made serious headway on our Central Area Scholarship and will be voting on committee members for that scholarship this coming July so the first scholarship can be awarded in July 2011.

The hotel staff worked very hard to please us (which was a challenge due to the fraternity

(Continued on page 4)

Special Olympics Coming Soon to Lincoln

Debra Stroh is the Director of Volunteer Services for the Special Olympics 2010 USA National Games. Deb was born and raised in Nebraska, she attended Waverly high school and received her undergraduate degree from the University of Nebraska-Kearney. She is currently working on her graduate degree, is a secondary business and physical education teacher, and an avid volunteer advocate with many organizations.

Nick Duncan is a Special Olympics athlete from Lincoln who competes on the Northridge Bulldogs softball team. Nick also competes in several other sports that include bowling and flag football.

Linda Fischer is Nick Duncan's grandmother and is a coach/scorekeeper/secretary for the Northridge Bulldogs.



Debra Stroh, Nick Duncan, Linda Fischer

The Special Olympics 2010 USA National Games will be held here in Lincoln, July 18 - 23 at numerous venues, many on the UNL campus. They're looking for 8,000 volunteers to help with these games. If you're interested in volunteering, please go the website and register. All volunteers will be required to complete a waiver form, undergo a background check and take a short quiz after reading through some materials. Volunteers have until May 1 to register at: <http://www.2010specialolympics.org>

Klucas Collects UNOPA's Frolik Award

by Gretchen Walker, Awards Director

Mary Klucas, Administrative Tech I for the College of Arts & Sciences Dean's Office, has been named the 2009-2010 Rose Frolik Award recipient. She was presented the award during the April 13 meeting of the University of Nebraska Office Professionals.

Klucas has been an active member of UNOPA and she also belongs to the Nebraska Educational Office Professionals Association (NEOPA).

Klucas's nominator, Andrea Peterson, praised Mary for her enthusiastic approach to her position and the way Mary demonstrates daily that "how you do your work may be more important than what you do." "Mary approaches every day with good humor and a get the job done attitude which makes her someone colleagues can rely upon," said Peterson.

For winning the award, Klucas received a personalized plaque, a cash award of \$600, and a one-year membership to UNOPA.

The Rose Frolik Award was established in 1988 to recognize a member who demonstrates the attributes of UNOPA's founder and first president, Rose Frolik.

Other nominees included: (from right to left) Connie Paxton, Administrative Assistant, Nebraska Statewide Arboretum and Nebraska Forest Service; Linda Luedtke, Administrative Assistant, Hixson-Lied

College of Fine & Performing Arts, Dean's Office; Janice Wassenberg, Staff Secretary III, Institutional Animal Care Program, Office of Research Responsibility; Mary Klucas (Award winner); Judy Anderson, Editorial Associate, Office of University Communications; Donelle Moormeier, Office Manager, Department of Communication Studies; and Pat DeStefano, Accounting Associate, Natural Resources Business Center.



Installation of New Officers
Tuesday, May 11, 2010
11:45 a.m.
Jackie Gaughan Multicultural Center
City Campus - Room 212



April 30, 2010

What is Arbor Day?

Arbor Day is the time for planting new trees in yards, parks, neighborhoods, and communities. National Arbor Day is celebrated on the last Friday in April, but the date of each state's Arbor day can vary depending on the growing season. Arbor day is also a time to appreciate trees both for their beauty and their usefulness. Talk with the children about how trees provide us with shade, food, and firewood as well as wood for making such things as paper, houses and furniture.

Diane Wasser, Editor
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Tina Ahrens
 Donna Boone
 Debbie Hendricks
 Tonda Humphress

**UNIVERSITY OF
NEBRASKA OFFICE
PROFESSIONALS
ASSOCIATION**

<http://unopa.unl.edu>

Thank You for allowing me to keep you informed this year by being your NOTES editor.

Thanks also goes out to the wonderful committee who submitted articles and proofed the newsletter on very short notice. A big "NICE JOB!" to all of them: Tina Ahrens, Donna Boone, Debbie Hendricks, Tonda Humphress

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Calendar

May	4	Board Meeting
	11	UNOPA General Meeting and Installation
July	4-10	NAEOP Annual Conference in Kansas City
	18-23	Special Olympics 2010 USA National Games
October	22	NEOPA Fall Workshop

Support Our Community Project:

We will be collecting the following at the General Meeting:

May — 16 ounce cans of Refried Beans

Time is running out to donate.



The Navy Sea Cadets, Lincoln Squadron did the opening Flag Ceremony

(Continued from page 2)

formal that took place while we were there). All things considered, I thought they did a great job.

Diane's installation ceremony included a delicious meal and provided a relaxing environment which was welcomed after two very busy days. We all wish her well in her year as NEOPA's President.

A huge thank you to all who attended this year's CAPDD! Next year, Indiana will be the place to be.

How to Relieve Computer Eye Strain

Many people spend hours upon hours in front of their computer screen working, surfing the internet, or playing games. This can cause strain on the eyes, and for many computer users, it is an annoying problem. Here you will learn how to relieve computer eye strain.



While at your computer do not stare at a specific spot for a long period of time. Instead, practice scanning. Look at the top of the object, the bottom, the left side, and the right side. Never fixate your stare on one spot as it is hard on the eyes.

Every 15 minutes or so, look away from your computer screen at something outside the window or at the other end of the room.

Blink 25 times rapidly every hour. Blinking lubricates your eyes and is very healthy for them. Many people when looking at a computer screen will not blink as often as they should. This can cause the sensitive eyes to dry, causing irritation. Eyes that stare at a computer screen all day need the relief brought by blinking.

Every hour, close your eyes and squeeze them shut as tight as you can for three seconds. This forces the blood in them out and then when you release, it brings blood back in. Improving blood flow to the eyes helps bring in nutrients helpful for maintaining good eye health.

Author Unknown